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Market Flash

# Clemson Sandhill Farmers Market

## Why Farmers Markets?

I received an email from a researcher in Maine this week. It was from a student preparing a paper on the popularity of farmers markets. Having recently come across an article discussing this topic on the [News 4 Jacksonville](#) website, I thought it might be a good time to share. Following is a truncated portion of the article and you can [click here to read the entire article](#).

### Farmers Markets Gaining In Popularity

From award winning documentaries to daytime TV, agricultural industry practices are a hot topic of discussion and scrutiny in American society. With twenty-first century technology and science revolutionizing the way we access and process information as a nation, it has also ushered in an age of burgeoning health and ethical concerns about where our food comes from. Serious questions are being raised regarding commercial food growth and consumption that are almost impossible to ignore. What are the long-term effects of ingesting pesticide residues? What are the consequences of exposing livestock to growth hormones? Why does organically grown produce look and taste so different? Where did the produce in my local grocery store come from, and who grew it? ([read on](#))

#### Nov. Schedule

Farm Day	4
Keith Tracy	11
Keith Tracy	18
Last Market Day	25
Thank you!	?



[Visit the website](#)



[Visit the website](#)

### Only 3 Markets Left

It may be hard to believe, but after 27 weeks we are left with only 3 markets until the end of our season. The year has been outstanding and we have many people to thank.

Firstly, the market wouldn't exist with out our wide ranging cast of diverse vendors. This would all be for naught were it not for our faithful customers that come out week after week to support our efforts.

Each week you will notice our sponsors, as listed on page 3, and their support is greatly appreciated. We need to also thank our volunteers, The Master Gardeners, our associate market manager, Joe Dorton, and our music maker, Keith Tracy.



## Market Flash

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## School Days at the Sandhill REC

During the last four weeks the Sandhill REC has welcomed over 2000 visitors to our popular School Days program. Students ranging from pre Kindergarten through Second grade were able to spend the majority of their mornings experiencing agriculture, land stewardship and ecology first-hand.

The students studied corn, sweet sorghum, grain sorghum, white lint cotton, red lint cotton, pumpkin plants, traversed the corn maze, pumped water through an old style pitcher pump and enjoyed a narrated hayride through the property.



Thank you to our volunteers: the Richland County Master Gardeners, volunteer coordinator - Laura Davis, retired elementary teachers Linda Griffin and Ann Perry, plus Farm Manager, Joe Hudson, and his staff.

## Support Your Local Farmers Markets

While we hope to see you every Tuesday afternoon during the season there are other Farmers Markets in the area which need your support.

You will find many of our vendors at these fine markets as well.

Wednesday: [Blythewood Market](#) at Doko Meadows, 4:00-7:00PM

Thursday: [Lake Carolina](#) at their Town Center, 4:30-7:30PM

Saturday: [Kershaw Market](#) in Camden, 8AM-Noon

Saturday: [Soda City Market](#), 9am-1PM

## Market Photos - November 4



***The Sandhill Farmers Market... where fun, food, and community come together.***



# Home and Garden Tips

## Preserving Pumpkin & Winter Squash

### Cooking

*More tips from Clemson's Home and Garden Information Center.* The easiest way to prepare the pulp of pumpkin or hard winter squash is to bake it in the oven. Wash the pumpkin or squash and cut in half crosswise. Remove its seeds and strings. Place the halves in a pan, shell side up. Bake in a 325 °F oven for one hour or more until the flesh becomes tender and begins to fall apart. Scrape the pumpkin or squash from the shell and put through a blender or food processor to form a smooth consistency. The pulp may be frozen for use later, but the pureed pulp cannot be safely canned. For canning, use only cubed pumpkin or winter squash.

### Canning Cubed Pumpkin & Winter Squash

Pumpkin and winter squash should have a hard rind and stringless, mature pulp of ideal quality for cooking fresh. Small pumpkins (sugar or pie varieties) make better products. Winter squash varieties include acorn, banana, buttercup, butternut, golden delicious and Hubbard. **CAUTION**—Spaghetti squash will not stay cubed when cooked and must be frozen instead of canned. Wash, remove seeds, cut into 1-inch slices and peel. Cut flesh into 1-inch cubes. Add to a saucepot of boiling water, and boil two minutes. **CAUTION—Do not mash or puree.**

Pack hot cubes into hot jars, leaving 1-inch headspace. Fill jar to 1 inch from top with boiling hot cooking liquid. Remove air bubbles. Wipe jar rims. Adjust lids. Process in a dial-gauge pressure canner at 11 pounds pressure (12 pounds pressure between 2,001–4,000 feet) OR in a weighted-gauge pressure canner at 10 pounds pressure (15 pounds if above 1,000 ft. altitude). Process pints for 55 minutes and quarts for 90 minutes. To make pies using canned pumpkin, drain liquid from jars and strain or sieve cubes.

[Read the entire article by clicking here.](#)

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## Turkey Time



From our friends at [Delish.com](#) comes their top 21 ways to prepare this Thanksgiving staple.

interesting Bacon Maple Orange version. [Check out all 21 recipes by clicking here.](#)

Turkey can be prepared in a variety of ways and this article challenges those standard tried and true methods starting with Herb and Citrus Butter Roasted, the new Southern staple Fried Turkey, the French homage with Herbes-de-Provence rub, a Pear Thyme Brined offering and a truly



*See how many of these ingredients you can find at the Sandhill Farmers Market!*

**Our Market Supporters:** [AgSouth Farm Credit](#), [Blue Cross and Blue Shield of SC](#), [Columbia NE Kiwanis](#), [Spring Valley Rotary Club](#), [Polliwogs](#)

## Listing of 2014 Farmers Market Vendors

The Sandhill Farmers Market is fortunate to have the participation of so many quality vendors. Their selections run the gamut from fresh produce, fruits, seafood, wood crafts, fabric crafts, baked good, plants, shrubbery, natural personal care products, prepared foods and more. Some vendors are with us for the entire 30 week season, some for half of the season and others on a week to week basis. Following you will find a listing of the hard working entrepreneurs waiting to greet you. All of those in ***bold italics and red*** have links built in. Please note that not all vendors are able to participate in every market.

Name
<b><i><u>Asya's Organic Farms</u></i></b>
Red Barn Produce
<b><i><u>The Peanut Man</u></i></b>
Hillside Farms
Yummy Dogs
Heart of the South Pine
AAA Greenthumb
Martin Farms Produce
Dena's Secret Garden
<b><i><u>Hippy Do Da Creations</u></i></b>
<b><i><u>Usborne Books &amp; More</u></i></b>
Bee My Honey
<b><i><u>Chill Out Pops</u></i></b>
Lexington Shades of Green
Babette the Dirt Diva
Country Garden by Saddle Rock
<b><i><u>Sunny Cedars Farm</u></i></b>
CSD Enterprises
The Veggie Patch
It's My Sister's Fault
<b><i><u>Polliwogs</u></i></b>

Name
<b><i><u>The Donut Guy</u></i></b>
<b><i><u>Becky's Soap Shoppe</u></i></b>
<b><i><u>Trail Ridge Farm and Dairy</u></i></b>
Ms. Zessie's Specialties
Cathi's Corner
Lem's Farm Shop
Preston's
First Fruits Enterprise, LLC
<b><i><u>Livingston Farms</u></i></b>
La Bella Roma
<b><i><u>Old McCaskill's Farm</u></i></b>
The Bird Man
<b><i><u>Nanna's Naturals</u></i></b>
Conyer's Farms of Kingstree
<b><i><u>Company of OHS</u></i></b>
Conyers Farms
<b><i><u>Square Foot Gardening</u></i></b>
Colchos
<b><i><u>Amy Lynne's</u></i></b>
<b><i><u>City Roots</u></i></b>
Harmony Farms



Isom's Delights	Marcella's Cookies
<b><i><u>The Haute Dog Lady</u></i></b>	<b><i><u>Crete Art</u></i></b>

Each week we talk with perspective vendors interested in participating at the Sandhill Farmers Market. If you would like to become a vendor please visit our [market page](#) and view the vendor information along with the vendor application found in the right hand navigation pane.

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